

# Herbed Garden Pizza

**Rating:** ★★★★★

**Prep time:** 30 minutes

**Makes:** 4 Servings

Dive into mounds of luscious vegetables smothered over a whole wheat crust, artfully seasoned with olive oil-herb blend, including basil and garlic. Serve with a side salad and simple home-made vinaigrette.

## Ingredients

**2 tablespoons** salt-free Tomato Basil Garlic Seasoning Blend

**2 tablespoons** olive oil

**1** 12-inch, whole-wheat pizza crust, thin, pre-baked cooking spray

**4** Roma tomatoes (thinly sliced)

**1 1/2 cups** crimini mushrooms (sliced)

**2 cups** baby spinach

**1/2 cup** thinly sliced red onion

**3/4 cup** shredded fat-free mozzarella cheese

## Directions

1. Place rack in center of oven and preheat oven to 400 °F.
2. In a small bowl, mix Tomato Basil Garlic Seasoning Blend with olive oil.
3. Place pizza crust on pizza pan. Brush pizza dough with olive oil blend, reserve remainder.
4. In a large mixing bowl, gently toss vegetables and remaining olive oil blend.
5. Spread coated vegetables evenly over pizza dough,



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	17 g	26%
Protein	10 g	
Carbohydrates	42 g	14%
Dietary Fiber	8 g	32%
Saturated Fat	2.5 g	13%
Sodium	300 mg	13%

## MyPlate Food Groups

Vegetables	1 cup
Grains	2 1/2 ounces
Dairy	1/2 cup

leaving about 1/2-inch border around the edges. Top vegetables with shredded cheese.

6. Bake 10 minutes, until cheese is melted.

## Notes

Serving Suggestions: Serve with a side salad and a glass of juice.

Ideas for a Side Salad: Spinach, Tomato Slices and Vinaigrette (made with 2 tbsp olive oil, 1 tbsp vinegar, 1 tsp lemon juice, 1/2 tsp sugar, and 1 tbsp low-sodium seasoning blend)

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